

CONNECT TO THE EARTH.
CREATE AWARENESS
WELCOME YOUR CREATIVITY.

CONNECT:

Changent Zero meditation
Mindfulness walking
Being still

AWARENESS:

Reflect on existing connections
to the earth
Have a mindful conversation
Journal

CREATIVITY:

Write a poem or haiku
Create a mandala using nature
(and take a pic!)
Paint a picture

WE'D LOVE TO SEE YOUR ARTWORK!
POST TO OUR FACEBOOK PAGE SO
WE CAN CELEBRATE YOUR
BEAUTIFUL WORK!



YOUR MISSION
FOR MAY

Creativity &
Connection

This month is about starting
the Changent journey! In
honour of launching The FIRST
Changent Circle, let's create
awareness within ourselves
and through creative
expression.

www.facebook.com/thechangentcircle



LET'S HAVE SOME FUN!

STEP 1: Take a picture of the
most favourite thing you love
about nature. It could be a tree,
a pine cone, grass, clouds, water,
an insect, etc.! It can be a bunch
of things together!

STEP 2: Ask your parent or
guardian to post it on our
Facebook page.

STEP 3: Tell us why it is your
most favourite thing and why it
is important to protect!

